

Crew Rest

GMT	Crew	Activity
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:00		Setup for TV link
07:00-07:10		Video downlink: greeting of the US-Russian Youth Orchestra
07:10-08:00		BREAKFAST
08:25-08:40	CDR	Private medical conference (<i>VHF</i>)
09:05-09:10		Calldown of ?? counter data (<i>S-band</i>)
09:10-09:15		Calldown of [? ? ?] water supply data (<i>S-band</i>)
09:15-10:45		Physical exercise (???? +RED day 1)
09:35-09:45	FE -1	Daily payload status check
09:45-10:45		Physical exercise (TVIS)
10:00-10:15	FE -2	Regeneration of ? 2 absorbent bed in ? ? ? (start) on MCC GO
10:45-11:45		Physical exercise (TVIS-1)
10:45-12:15	FE -1	Physical exercise (RED)
12:15-12:45		Weekly planning conference (<i>S-band</i>)
12:45-13:45		LUNCH
13:45-16:45	CDR, FE -2	Weekly housecleaning
13:45-15:25		
15:25-15:40	FE -1	Private family conference (<i>S-band</i>)
15:40-16:45		Weekly housecleaning
16:45-17:45	CDR	Physical exercise (TVIS-1)
17:00-17:15	FE -2	Private family conference (<i>S-band</i>)
17:15-18:45		Physical exercise (???? +RED day 1)
17:45-18:00	CDR	Private family conference (<i>S-band</i>)
18:00-18:40		Maintenance of ? ? ?
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

Note:

1. See OSTP for references to US activities
2. Task List : CDR: "Diatomea"
3. Task List : CDR: "Uragan"

End of radiogram